



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Wise Mens Health

Erectile Dysfunction



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Discussion

Discuss the following questions

- What do you think the rates of impotence and erectile dysfunction is in Australian men
- What do you think are the major causes of impotence?



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What are the facts?

- Impotence or erectile dysfunction affects up to 40% of men aged 50 and increases with age
- There are many causes of erectile dysfunction including physical to psychological



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What is erectile dysfunction?

- Difficulty in any phase of sexual function
- Non sustained
- Incomplete erection
- Premature ejaculation
- Retarded ejaculation
- It is not a disease but a symptom of a health condition





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Video Presentation

- [Erectile dysfunction facts](#)
- [The “problem with men” 1996](#)



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Causes of erectile dysfunction

Physical

- Diabetes
- Heart disease
- Smoking
- Overweight
- High blood pressure
- Injury
- Sleep apnoea
- High cholesterol
- Medications

Psychological

- Stress
- Relationship troubles
- Fear and anxiety
- Depression
- Tiredness
- Performance anxiety
- Nervous system disease



wdhs
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Health Service

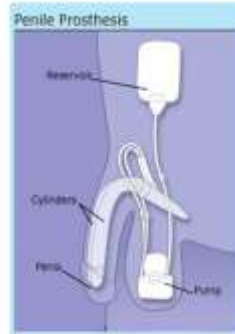
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Treatment options

- Counseling
- Medications
- Surgical devices
- Injections
- Pumps
- Natural therapies
- Hormone therapy





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In summary

- It is a common disorder and becoming more common as men age
- Many of the causes are lifestyle related
- Treatments are effective and should be used
- All forms of erectile dysfunction are treatable
- It is surprising who it affects!



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